

BEAN BURGER WITH LIME MAYONNAISE AND ONION RELISH



USED BRESC PRODUCTS



Bresc Coriander puree
450g



Bresc Garlic chopped
1000g



Bresc Garlic chopped
450g



Bresc Green & red chilli
WOK 450g



Bresc Lemongrass puree
450g



Ginger puree 450g

INGREDIENTS

10

For the bean burgers

- 625 g chickpeas or flageolet beans
- 625 g black beans
- 3 red onions
- 125 g sesame paste
- 50 g Bresc Garlic chopped
- 20 g Bresc Coriander puree
- 1lemon, grated peel and juice
- 20 g cumin
- 8 g chilli powder
- 3 eggs
- 250 g flour
- 500 g panko
- 25 g sesame seeds
- 10 brown buns
- iceberg lettuce
- 3 avocado's
- 1 red onion
- mint
- coriander

For the onion relish (3.75 k)

- 2,5 k onions
- 100 g Bresc Ginger puree
- 100 g Bresc Lemongrass puree
- 1.25 dl white port
- 1.25 dl white wine
- 3 dl white wine vinegar
- 3 lemons, grated peel and juice
- 625 g sugar
- 125 g butter
- salt and pepper

For the lime mayonnaise

- 500 g Bresc Alioli limón
- 375 g Greek-style yoghurt
- 25 g chives, chopped
- 25 g coriander, chopped
- 13 g mint, chopped
- 25 g Bresc WOKchilli
- 50 g Bresc Lemongrass puree

PREPARATION METHOD

For the relish, cut the onion into half rings. Melt the butter. Braise the onion with the lemongrass and ginger until it is completely tender. Add the sugar and then the port, white wine vinegar, white wine and sufficient water to cover. Add the juice from the lemon to taste. Season with salt and pepper. Braise for 2 hours until it becomes a homogeneous substance, adding water now and then if necessary.

For the lime mayonnaise, mix the lemongrass, lime, mint, chilli, chives and coriander into the alioli and the yoghurt. Season. Remove the stone from the avocado and spoon out the flesh. Cut it into thin slices.

For the burger, chop the red onion and braise it with the garlic until it is almost transparent. Next, add the chickpeas, sesame paste and cumin. Season with lemon juice, grated lemon peel, salt, pepper and coriander. Allow to cool and shape the burgers. Allow the burgers to cool thoroughly and dip them in the flour, the egg and the panko. Bake the buns. Deep-fry the burgers until they are crisp and cut the buns in half. Arrange the lettuce, burgers, relish, slices of avocado and lime mayonnaise on them. Garnish with some extra red onion rings, mint and coriander.